

Volume #7  
November 2006



An E-mail Publication  
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Open Monday through Friday  
8:00 AM to 4:00 PM

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Publisher/Editor:  
Paul Iden, Planning and  
Development Coordinator

# Bulletin Board

Mahoning County Board of Mental Retardation and Developmental Disabilities

## Keeping an eye on your health

Anyone who knows me will testify to the fact that I don't visit a doctor regularly, don't eat very healthy and tend to get less sleep than I should. Eventually these bad habits will catch up with me and possibly have very bad consequences for my health. (Yes, Pat Edwards, I can hear you and thanks for your heartfelt concerns.)

An ounce of prevention truly is worth a pound of cure for someone who would rather not visit hospitals or get to know their doctor on a first name basis (no offense Dr. Elmobasher.)

The MCBMRDD and Morris Financial Group will be hosting a series of Wellness Days for all program locations. Salem Community Hospital will be providing the medical expertise with blood tests and flu shots, if vaccines are available. The Board will be picking up half the cost of blood tests and blood pressure, pulse, blood/oxygen levels, body mass index, osteoporosis screening (women only) and health care literature will be provided free of charge.

Other services will incur a charge to the employee or spouse as follows:

<b>Blood Tests</b>	<b>Cost</b>
Multi phasic	\$15.00
PSA (men only, prostrate)	\$5.00
Lipid (cholesterol)	\$5.00
C Reactive Protein (heart disease)	\$5.00
<b>Flu Shots</b> (pending availability)	\$15.00

Some screenings may require fasting. A flyer (see page two) from Salem Community Hospital will be available with information and a list of available tests. Morris Financial Group will be providing fruit and juice for those undergoing blood tests. These Wellness tests will be available to full and part time employees and

their spouses. It has been said, that if you have your health, you have everything. I don't think the importance of a regular checkup can be overstated. Life can be complicated enough. Stay healthy and live happy

### Schedule

#### Tuesday, December 5

Leonard Kirtz School 7:30 AM to 9:00 AM  
Board Office 9:30 AM to 11:00 AM  
(Board Office and Transportation employees)

#### Wednesday, December 6

Bev MASCO 7:30 AM to 9:30 AM

#### Thursday, December 7

Meshel MASCO 7:30 AM to 9:30 AM

#### Friday, December 8

The Centre @ Javit Court 7:30 AM to 8:45  
Community Services 9:15 AM to 11:15 AM



*Employees and Spouses*  
Mahoning County Board of MRDD and Morris Financial Group present:

## Wellness Day

**KEEP AN EYE ON YOUR HEALTH**

*Blood tests*  
*Blood Pressure Screening*

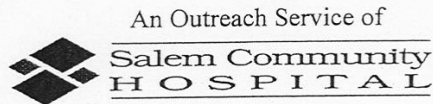
12-5-06 LKS, Trans, Board  
12-6-06 Bev MASCO  
12-7-06 Meshel MASCO  
12-8-06 Centre, Community Services

(See the office for details and costs for some services)

*Flu Shots (pending availability)*  
*Osteoporosis Screening for Women*

*Medical Services provided By Salem Community Hospital*

## BLOOD ANALYSIS PROGRAM



When did you last eat or drink: \_\_\_\_\_

### Instructions:

Participation in this program requires a 12-hour fasting (nothing to eat or drink) period prior to your scheduled appointment.

Please bring the completed form with you on the day of your appointment. The results of the blood analysis will be sent to your physician and if you would like a copy of the results mailed directly to you, **please bring a self-addressed stamped envelope with you.**

The following is a selection of services being provided please check the appropriate box:

- ☐ **Lipid Profile** - \$5.00 – Gives “good”, “bad”, and total cholesterol.
- ☐ **PSA**, (recommended for men over 40) - \$5.00 – Used to screen for prostate cancer.
- ☐ **C-Reactive Protein (CRP) Level** - \$5.00 – May be pre-indicator of heart disease.
- ☐ **Multiphasic Blood Testing**, which includes the following tests: - \$15.00

Calcium	Total Protein	Albumin	White Blood Cell Count	Low Density Lipid (LDL)
Phosphorus	Total Bilirubin	Globulin	Red Blood Cell Count	High Density Lipid (HDL)
Uric Acid	LDH	A/G Ratio	Creatinine	T4 Thyroid Testing
Glucose	SGPT (ALT)	Cholesterol	Hemoglobin	Platelet Count
Sodium	SGOT (AST)	Triglyceride	Hematocrit	Chloride
Potassium	Gamma GT	BUN	Alkaline Phosphatase	

### Participant Information:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Name of Physician: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### Additional Medical Information:

Are you presently taking any medication? ☐ Yes ☐ No

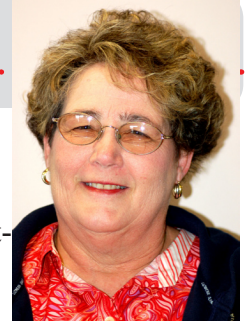
If yes, please list the medication(s) and the condition(s) being treated:

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# Transportation Department

"Neither snow nor rain not heat nor gloom of night stays these couriers from the swift completion of their appointed rounds." Everyone thinks this is the motto of the post office (actually they have no motto), but it could be equally applied to our Transportation Department. One of the veteran drivers will be leaving the Board on December 31 after a career spanning over 22 years of service. Carol Sorber will be completing her appointed rounds at Meshel MASCO. A warm smile, a sense of humor and a caring attitude has accompanied Carol throughout her estimated 534,600 miles on board a County bus. Good luck Carol with all your future endeavours. You will be missed by everyone at MCBMRDD, but especially the riders you took care of over the years.



## Leonard Kirtz School

The staff and kitchen crew at LKS served up a true holiday feast for the children at Leonard Kirtz School on Friday, November 17. Turkey, mashed potatoes, stuffing and all the trimmings were prepared for the family style serving of 60 in the cafeteria of the school. The students decorated the centerpieces that adorned the tables while coordinated plates and napkins helped add to the festive spirit of the occasion. The center-



pieces will be donated to Austin Woods nursing home in Austintown to be used as part of their Thanksgiving dinner. The students were also given an opportunity to relate what they are thankful for either in person or with assistance. Various answers included friends, family, teachers and Nintendo. With so much to be thankful for, the staff and students at LKS took advantage of this holiday feast to express their appreciation for what they have. Taking the time to sit down with one another and enjoy a good meal with good friends is what is truly important.



## Community Services

With frost on the pumpkin and the coolness of autumn in the air, the community services department has collaborated with students and staff from St. Charles School to offer a Thanksgiving feast to 24 valley families in need of assistance for the holiday. Students donated an assortment of canned and boxed goods as well as tasty treats left over from Halloween to satisfy the sweet tooth of those who may not have enough. The Community Services Department also purchased turkeys and other items to complete the meal using proceeds from the sale of soda at the Javit Court facility. The SSAs delivered the meals to families on their case loads based on observed needs and staff suggestions.



## The Centre @ Javit Court

Saying "Thank You" is a very basic and uncomplicated principle that we learn at a very young age. The students of Lutheran High School in Orange, CA. have decided to up the stakes by symbolically giving each member of the armed forces a THANK YOU. 2.6 million cards



would ensure each active and reserve member receives at least one card of appreciation. Seniors at the Centre @ Javit Court, as well as students from LKS, have taken up the cause by taking pen in hand to contribute to the effort. Taking the time to appreciate the sacrifice of these everyday heroes is very special in this "I'm looking out for #1" world that we live in. Being taught at a very young age to say please and thank you, respect your elders and do unto others as you would have done to you may not be such a bad philosophy to carry through life. A MILLION THANKS to the Centre @ Javit and students at LKS. For more information on this project, visit <http://www.amillionthanks.org/>

## Bev MASCO



Birds in Flight Sanctuary and Heather Merritt visited the Bev and Meshel workshops as part of the Adult Services educational assemblies in November. Bringing owls, hawks and falcons for display gave the workers an up close and personal experience with these raptors.



The Birds in Flight Sanctuary group educates the public about these birds of prey and takes in injured or orphaned birds for rehabilitation. Posing questions about eating habits and behavior the consumers and staff learned a great deal about the occupants of the airspace overhead.

## Meshel MASCO

The consumers and staff at Meshel recently said goodbye to a friend. Mr. Michael Weingart has left this world, but will be forever remembered for his kind and generous contributions to the Boardman workshop. Mr. Weingart was one of the unique individuals who passed through the doors of his daughter's workplace and could see the needs, evaluate all the various possibilities, determine a course of action and construct a solution that would be tailor-made to solve the problem. At the request of the family and in response to Mr. Weingart's wishes, a memorial park bench has been placed outside the entrance to Meshel MASCO in recognition of his contribution to the shop, his dedication to a better life for his daughter Jennifer, and his caring spirit that has directly impacted all of our lives.



# Staff profile: Focus on Excellence

## "You deserve a medal"

The MCBMRDD would like to recognize the following employees with landmark years of service, CONGRATULATIONS!

### 25 years

Katherine Allen	09/08/81	Workshop Specialist	Meshel
Carole DeCicco	09/08/81	SSA	Javit
Clara Foti	09/21/81	Cook	LKS
Robert Guylitto	01/19/81	Truck Driver/Utility Man	Meshel
Bill Raymond, Jr.	12/01/81	Workshop Specialist	Bev

### 26 years

Jennifer Betts	10/20/80	Secretary	Bev
Beverly Chuey	10/02/80	Workshop Specialist	Bev
Jeanne Cummings	10/02/80	Workshop Specialist	Meshel
Jennifer Dunn	10/02/80	Instructor Assistant	LKS
Terri Lundy	10/02/80	Workshop Specialist	Meshel
Linda Matulek	09/02/80	Instructor	LKS
Gail Sewell	10/02/80	Workshop Specialist	Centre @ Javit
Roberta Stubler	10/02/80	Workshop Specialist	Bev
Annette Willmitch	10/02/80	Workshop Specialist	Meshel

### 27 years

Mark Bestic	02/20/79	Production Manager	Meshel
Gary Bretz	01/02/79	SSA	Javit
Marilyn Emerick	04/23/79	Workshop Specialist	Bev
Harvey Farbman	12/17/79	Habilitation Coordinator	Bev
Kathy Gause	10/01/79	Workshop Specialist	Bev
Nancy Maturo	01/02/79	Workshop Specialist	Centre @ Javit

*\*The above dates are based on anniversary of hiring and do not reflect extended time off due to any circumstances (See Editor's note on page seven)*



## Bits and pieces

***"Let me win. but if I cannot win, let me be brave in the attempt."***

This is the oath of the athletes in Special Olympics. The Mahoning County MRDD Special Olympics recently celebrated the year in sports with its annual sports banquet at Mr. Anthony's in Boardman. Celebrating the accomplishments of the athletes in basketball, bowling, softball, swimming, volleyball and track & field were the highlights of the evening. Michael Grasso and Brandon Macias (pictured above) were honored with the Andrew and Pauline Leson Memorial Award. Michael received the award in 2005 while Brandon is this year's winner. The jacket award symbolizes the athlete who may not have the best athletic skill, but competes to the best of his or her abilities with a good attitude and a winning disposition regardless of the outcome of the event. Everyone who participates in Special Olympics is a winner. For more information about sporting events, please contact Paul Iden at the Board Office.



# What's going on

December 1, MCCRC Bingo at LKS: 7:00  
December 11, Board Meeting at Bev Road: 5:00  
December 14, Library Night at Bev MASCO: 7:00  
December 19, Holiday Fest at LKS: 1:00

## Who am I ?

Last month: Jennifer Betts

1. Where were you born? *Somewhere in Kansas*
2. What are your hobbies and interests? *Going for long walks with strange people*
3. What is your favorite movie? *Duh!*
4. Where is your favorite place to be? *There's no place like home*
5. What makes you happy? *Wearing Ruby Red Slippers and Helping Munchkins*
6. If you could meet anyone living or dead, who would it be? *The Wizard of course*
7. What is the reason you work for MCBMRDD? *To help people find things that are missing in their lives*
8. Describe yourself in five words or less. *Home-body, courageous, smart, sincere and an animal-lover*
9. What is your biggest success in life to this point? *Killing the Wicked Witch of the West and fighting tyranny, wherever it raises its ugly head and that goes for my little dog, Toto, too*
10. What is something you would really like to do in the future? *Follow the yellow brick road to the Emerald City and travel over the rainbow.*



**Editor's Note:** The logo last month was hidden in the medal in the staff profile section. Good Luck this month! The "Just the Facts" section has been removed from this edition and may return next month. If you hear a rumor, let me know and I will try to address it for you and quote the source of the information or at least tell you "I don't know." The Staff Profile of individuals with 25 years of service and over may be imprecise., if I missed your name, please contact me and I will add your name to a later publication.